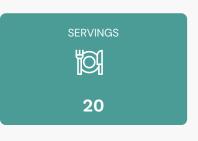


## **Honey–Whole Wheat Dinner Rolls**

**Vegetarian** 





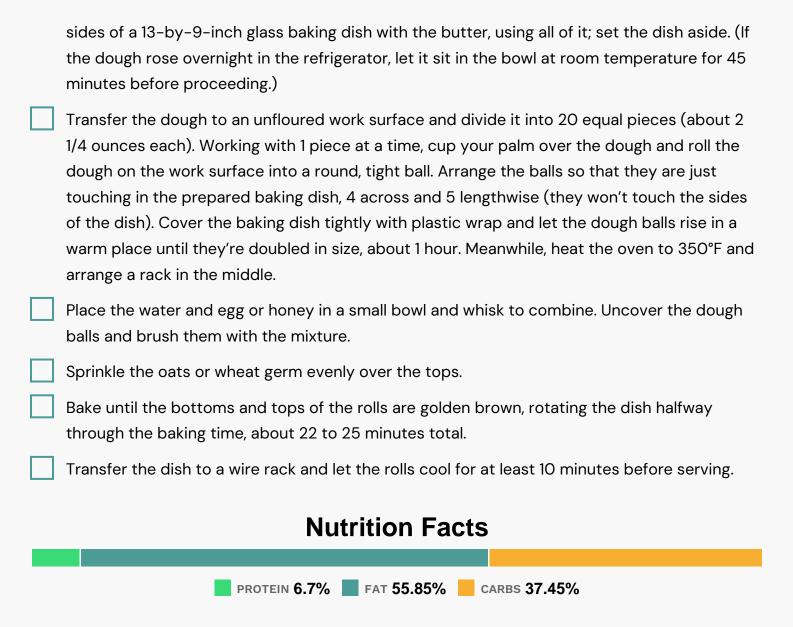


BREAD

## Ingredients

O.3 ounce yeast dry ()
2 large eggs lightly beaten
2 cups flour all-purpose
0.3 cup honey
1 large honey
2 tablespoons rolled oats instant toasted (not )
2 teaspoons salt fine
1 tablespoon butter unsalted

	20 servings vegetable oil for coating the bowl
	1 teaspoon water
	1.5 cups milk whole
	2 cups flour whole-wheat
Equipment	
	bowl
	sauce pan
	oven
	whisk
	wire rack
	plastic wrap
	baking pan
	kitchen thermometer
	stand mixer
	glass baking pan
Di	rections
	For the dough:Lightly coat a large bowl with vegetable oil and set it aside.
	Place the flours, yeast, and salt in the bowl of a stand mixer and whisk by hand to combine; set aside.Melt the butter in a medium saucepan over low heat.
	Add the milk and honey and heat, stirring, until the honey has dissolved and the mixture is warm to the touch but not hot (between 105°F and 115°F on an instant-read thermometer), about 2 to 5 minutes.
	Pour the milk mixture over the flour mixture and add the eggs. Fit the bowl onto the stand mixer and mix with the hook attachment on medium-low speed until just combined, about 2 minutes. Increase the speed to medium high and knead until the dough is smooth and elastic, about 10 minutes. (The dough will be sticky.) Scrape the dough into the prepared bowl and cover tightly with plastic wrap.
	Let rise in a warm place until doubled in size, about 1 hour. (If you're not baking the dough until the next day, place it in the refrigerator to rise overnight.) To assemble: Coat the bottom and



## **Properties**

Glycemic Index:12.88, Glycemic Load:9.81, Inflammation Score:-3, Nutrition Score:7.8034782114884%

## Nutrients (% of daily need)

Calories: 253.96kcal (12.7%), Fat: 16.12g (24.8%), Saturated Fat: 3.07g (19.2%), Carbohydrates: 24.32g (8.11%), Net Carbohydrates: 22.53g (8.19%), Sugar: 5.67g (6.3%), Cholesterol: 22.3mg (7.43%), Sodium: 247.63mg (10.77%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 4.35g (8.7%), Manganese: 0.6mg (30.17%), Vitamin K: 26.14µg (24.9%), Selenium: 13.79µg (19.7%), Vitamin B1: 0.21mg (14.16%), Folate: 39.12µg (9.78%), Phosphorus: 89.84mg (8.98%), Vitamin E: 1.32mg (8.79%), Vitamin B2: 0.15mg (8.66%), Vitamin B3: 1.51mg (7.56%), Fiber: 1.79g (7.16%), Iron: 1.16mg (6.45%), Magnesium: 23.14mg (5.79%), Vitamin B6: 0.08mg (4.07%), Zinc: 0.6mg (4.02%), Copper: 0.08mg (3.86%), Vitamin B5: 0.33mg (3.31%), Calcium: 32.34mg (3.23%), Potassium: 100.02mg (2.86%), Vitamin B12: 0.14µg (2.41%), Vitamin D: 0.31µg (2.08%), Vitamin A: 75.22IU (1.5%)